

READING**Part 1**

Read the text and complete the tasks that follow. Choose a, b, or c. Put a circle round the most appropriate answer. An example is done for you.

Family over Glamour

I was born in Sweden but went to Paris when I was eighteen. There I was offered several jobs as a model and so got to be known in the fashion world. I left for the US where I eventually became what is known as a modelling superstar. I modelled a great number of glamorous and luxury items such as furs, jewellery and evening dresses. After travelling a lot, I met a man I really loved and decided to get married.

I continued my modelling career even after I had had children. My experience proved to many models that motherhood and modelling can be combined. When I had to travel to a modelling job, I took my children with me. Having my family around protected me from the crazy lifestyle many models are forced to follow. I did not attend many parties and made sure that my work was a totally separate part of my life. Once, when I went straight home without removing my make-up after a photography session, my youngest son started crying. I was someone else at work.

I finally chose to give up my modelling career and become a full-time mother. I had always wanted a big family and now, with four sons, I am kept busy looking after them. I chose to 'retire' from modelling and move to the country where my husband and I live alone with our sons. I have chosen not to have any help and take care of the house and my family on my own. As I get older, I find it more difficult to maintain the weight I had when I was modelling. I have to exercise regularly now, while when I was younger I hardly gave exercise a second thought. I am also much more careful about what I eat. When I used to work the only 'good' meal I ate was lunch. Dinner sometimes consisted of biscuits only.

Having a family has made me more aware of what a balanced diet means. I feel you should be able to eat everything but watch the amounts you eat. If you deny yourself certain foods completely, you come to think about these foods all the time and want them more. For example, I no longer eat ice-cream (my weakness) every day. I have it about every week or two.

We live near a lake and, weather permitting, the entire family swims and enjoys exercising in this way. When it gets too cold for swimming, I run at a track near our home and go to aerobics classes to keep in shape. I hope that the combination of country living, a balanced diet and exercise will help keep all of us in good condition.

Example: As a child, the writer probably went to school

- a) in France.
- b) in Sweden.**
- c) in the United States.

Total: 6 marks

1. As a model, which of these might the writer most likely be photographed in?
 - a) a very modern pair of jeans
 - b) an up-to-date kitchen
 - c) a designer wedding-dress
2. The writer's children
 - a) made it impossible for her to avoid the busy night life of other models.
 - b) found it difficult to accept the kind of work she did.
 - c) prevented her from being affected in a negative way by her job.
3. Why, probably, did the writer's son start to cry?
 - a) He didn't want her to go to work.
 - b) She looked so different.
 - c) She had been away for a long time.
4. The writer currently
 - a) leads a simple life which is centred on her family's needs.
 - b) feels lonely and misses the time when she was working.
 - c) spends most of her time trying to lose weight.
5. How have the writer's eating habits changed?
 - a) Her food is prepared differently.
 - b) She eats less.
 - c) Her diet is more varied.
6. To keep fit, the writer mainly
 - a) exercises indoors.
 - b) exercises outdoors.
 - c) jogs.